



FROM COUNSEL

A Preventive Law Service of The Office of The Judge Advocate General
Keeping You Informed On Personal Legal Affairs

Unsolicited Mail, Telemarketing, & E-mail: Saying "No!"

Tired of receiving unsolicited mail, including pre-approved credit card applications? Fed up with telemarketing calls just as you sit down to dinner? Fuming that your e-mail inbox is full of unsolicited advertising? Here's how you can reduce the number of unsolicited mailings, calls, and emails by saying "no".

Credit Bureaus: Call 1-888-5-OPTOUT (567-8688) and "opt-out" of pre-approved credit offer solicitations. In addition, you can notify the three major credit bureaus that you do not want personal information about you shared for promotional purposes - an important step toward eliminating unsolicited mail. You may use the sample letter on the back to limit the amount of information the credit bureaus will share about you.

Direct Marketers: The Direct Marketing Association (DMA) offers Mail and Telephone Preference Services, helping you to reduce the direct mail marketing/telemarketing you receive from many national companies for five years. Use the letter on the back to register with these services, putting your name on a "delete" file that is updated four times annually (January, April, July & October) and made available to direct-mail and telephone marketers. Allow two to four months after your request for it to take effect. You will have to re-register after five years to renew your request. Also your request will not stop mailings or calls from organizations not registered with the DMA's Mail and Telephone Preference Services. Registering with the DMA will not eliminate mail from list brokers, "Dear Occupant" mailers, local merchants, charities, and professional associations, etc. You have to contact those organizations directly.

In addition, the DMA recently launched a new E-Mail Preference Service to help you reduce unsolicited commercial emails. To "opt-out" of receiving unsolicited commercial email, use DMA's online form @ <http://www.e-mps.org/en/>. Your online request will remain effective for one year.

Write a Letter: Use the form letter on back and send to ALL five addresses. Once your request is processed, you will remain on the DMA "opt-out" lists for five years and the credit bureau "opt-out" list indefinitely. It may take three months or so before you notice a reduction in the amount of direct mail and phone calls you receive.

To file a telemarketing complaint or to obtain other helpful consumer oriented information contact the Federal Trade Commission at <http://www.ftc.gov/ftc/consumer.htm>.

FROM COUNSEL is one of a series of informative handouts containing general information on topics that legal assistance attorneys frequently advise on. Information provided is general in nature and does not constitute legal advice. Consult an attorney for specific legal advice for your particular situation. FROM COUNSEL is distributed to persons eligible for legal assistance under 10 USC 1044.

☐ Mail Preference Service
Direct Marketing Association
P.O. Box 9008
Farmingdale, NY 11735-9008

☐ Equifax Inc.
Options
P.O. Box 740123
Atlanta, Georgia 30374-0123

☐ Telephone Preference Service
Direct Marketing Association
P.O. Box 9014
Farmingdale, NY 11735-9014

☐ Experian Consumer Opt Out
701 Experian Parkway
Allen, TX 75013-3715

☐ Trans Union Corporation's
Name Removal Option
P.O. Box 97328
Jackson, MS 39288-7328

Date: _____

To Whom It May Concern:

Please remove my name from your marketing lists. Do not sell my credit information and remove my name from pre-approved credit card offers. Here is the information supporting my request:

First, Middle and Last Name:

List all name variations, including Jr., Sr., common misspellings, etc.

Current Mailing Address:

Previous Mailing Address:

if you have moved within the last 6 months

**Not required for Equifax, Experian, or
Direct Marketing Association (DMA)**

Social Security Number:

Not required by Experian or DMA

Telephone Number:

() _____

**Not required by Experian, Equifax or
TransUnion**

Date of Birth:

Not required by Equifax, Experian or DMA

Month _____ **Day** _____ **Year** _____

Thank you for your prompt handling of my request.

Signature

FROM COUNSEL is distributed by the Office of the Staff Judge Advocate, Legal Assistance Office, located in Building 1108. Check out our web site for other helpful information on similar personal legal affairs topics.